

Living Well

July/Aug./Sept. 2008
Volume 4, No. 3

Calendar of Events

Pages 8-11

LIFE Counselors Make Positive Impact

Pages 20-21

A Lead Role in RETIREMENT

Pages 14-15



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DIRECTORS CORNER

Even with all the good things the Lincoln Area Agency on Aging does for the thousands of older adults in our eight-county area, the Agency is still thought of as a part of government, an organization supported by tax dollars.

This spring, LAAA conducted an economic impact study. I knew there were benefits to the community beyond those we could see everyday. The significant funding for our work comes from many sources, state and federal programs, local governments (cities and counties), grants and contributions from those who use our services. That money is translated into salaries for employees and for those who provide the services for older adults that allow them to stay in their homes as they age. The salaries became an economic multiplier that benefits the regional economy. The study is complete and the results are powerful.

The study identifies two sides to the economic impact. First is the direct benefit of the power of the payroll plus the infusion of government funds for client services that total \$28 million. The additional \$25.7 million comes from benefits and savings to clients and taxpayers. The combined regional impact and benefit of the Lincoln Area Agency on Aging is \$53.7 million annually.

For each \$1 spent in LAAA's programs, \$5.56 is returned to the region in direct economic impact or in savings to our clients and their families.

Those of us who work for the Agency in its eight-county area have traditionally thought of our jobs in terms of helping people. This will always give us immeasurable satisfaction. It was a revelation to find that in addition to helping people, we also contribute significantly to the economic base in our service area.

The study will soon be on the LAAA homepage at www.lincoln.ne.gov keyword – aging. It will be shared with elected officials, business leaders and all of you. We are renewed in spirit knowing we make significant contributions by improving the lives of our clients and contributing to the regional economy.



June Pederson

Director, Lincoln Area Agency on Aging



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Living Well is a service of the Lincoln Area Agency on Aging (LAAA). A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of LAAA. Contents may be reproduced with credit to the magazine.

Living Well is available FREE on cassette from: Talking Book and Braille Services Nebraska Library Commission, The Atrium, 1200 N Street, Ste. 200, Lincoln, NE 68508

ON THE COVER:

Describing his lifelong passion for the theatrical arts, Dr. Tice L. Miller recounts his years of service with the Nebraska Repertory Theatre and University of Nebraska.



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SERVING THE LINCOLN AREA

Coping with Disabilities

By John Henry (Jack) Zohner



Jack Zohner is the owner of John Henry's Plumbing, Heating, & A.C. of Lincoln, Neb. He is past president of the Plumbing, Heating, & Cooling Contractors and the Lincoln Heating & Air Conditioning Association.

Most of us felt like we were “bullet proof” when we were growing up and never expected to have a resulting disability from our active lifestyles. I played football and was involved in competitive arm wrestling. Weight lifting was great for body building and I often pushed my joints to the limit. It seemed like a good idea at the time. Little did I know at the time the body pays the price years later.

Recently it took extensive surgery to correct the pain of bone on bone in my right shoulder. Recovery has gone well and the pain is subsiding. The good news is this was a short term disability and every day I am more mobile.

It was a learning experience. I gained a new respect for those with permanent disabilities and am more aware of their needs. I found some limitations were frustrating. The first few days I relied heavily on my wife to keep me going. “Nurse” Deb helped me more than I care to publicly admit and without her constant care, life would have been much more difficult. Thanks Deb!

The good news is our home is partially set up for people with disabilities, so some tasks were a little easier. The plumbing faucets are all single handle Moen brand, designed for easy operation. They can be easily operated with a simple

push or pull motion.

My right arm had very little movement for the first week, so my balance was compromised. The pain pills seemed to add to the balance issues. The grab bar was really handy when I stepped in and out of the bathtub. A fall could have caused extensive damage. Grab bars come in almost any size and can even be made or mounted at various angles to compensate a variety of fixtures.

Our Moen hand-held shower head with a flexible hose helped by providing excellent control of the water direction. I was able to keep the incision dry and clean the hard to reach areas. The shower head can be adjusted to a strong spray for deep cleaning. The pulsing spray is especially handy now to massage my shoulder with hot water to remove some stiffness each morning.

Although my temporary shoulder disability is about over, it was a good reminder of what to expect as the years go by. Many of us have seen it in others and if we are lucky enough to live that long we will probably experience a disability personally.

My grandmother was a good example of someone I watched age through the years. As a kid I remember when she had trouble shutting off her two handled faucet even after it was rebuilt. She was frustrated because of the loss of strength in her arms. I wish it were possible to turn back the hands of time and install a single handled Moen faucet for her. Maybe even eat some of her home baked chocolate chip cookies. I can almost smell them now!

Single lever faucets are good, but even better than that would be the “touch less or hands free” faucets that turn on and off automatically. There are a number of “touch less or hands free” accessories available, such as the soap and paper towel dispensers.

Other options include handicapped toilets with an elongated shape. They are designed to be approximately 3” taller and access is much easier. Grab bars that are securely mounted can really make a difference to those that need a little help.

As we age our bodies will probably let us down and we need to be proactive to make the best out of the inevitable. The good news is there is an abundance of products available to ease some of the limitations of disabilities. Simple home improvements can improve our comfort and help is a phone call away.



AgeAbility™ consultants recommend changes to the interior and exterior of the home as well as reorganization to make it safe, convenient, accessible and supportive (without looking “medical”). Your customized Plan of Action can be implemented all at once or in a phased manner.

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Jerry Joyce, 2008 Community Service Award recipient, center, joins Lela Shanks, 2007 recipient; left, Kristen Stohs, Seniors Foundation board of directors president; Gil Savery, 2006 recipient; and June Pederson, Lincoln Area Agency on Aging director.

Joyce receives Community Service Award

The Seniors Foundation honored Jerry Joyce at the Lifelong Living Festival May 17. The recognition is part of the foundation's tradition to recognize an outstanding older adult who has made a significant impact in the lives of other older adults residing in Lincoln and Lancaster County.

Richard Blair, Seniors Foundation of Lincoln & Lancaster County director of development, said Joyce serves as a perfect example of a deserving recipient for the Community Service Award program which began in 2005.

Joyce is often recognized for his work with the Legacy Retirement Center to provide elegant, yet affordable, retirement living to older adults from all walks of life.

Blair said Joyce's credentials for this year's award, however, are reinforced with a look at his philanthropic support of numerous issues impacting older adults.

A native of Weeping Water, Neb., Joyce served as a teacher in Lincoln before entering a real estate career. He has been giving back to the community for many years. Most recently, he worked to establish the Arbors



Lincoln Mayor Chris Beutler, left, congratulates Jerry Joyce, 2008 Seniors Foundation Community Service Award recipient.

Memory Care Assisted Living Facility, which offers state-of-the-art residential living in a safe, therapeutic environment for people with Alzheimer's. He also is a significant contributor to the Alzheimer's Association.

His other philanthropic activities include gifts to help older adults through programs and services of the Lincoln Area Agency on Aging and Seniors Foundation. Joyce gave donations to help the local Meals on Wheels program through the Tabitha Foundation and gifts to the American Red Cross. He personally matched, dollar for dollar, fund-raising

drives led by residents in Legacy facilities to support national and local disaster victims such as those following the Sept. 11 tragedy, Hurricane Katrina and Hallam tornado.

"Jerry is one of those people who is a role model for what we all need to do to make our community strong," said Kristen Stohs, Seniors Foundation board of directors president. "His good will through his personal involvement and philanthropic support will impact southern Nebraska for years to come."

Healthy, Happy and Wise

For Tracie Foreman, maintaining good health for a lifetime is no laughing matter — or maybe it is, depending on how you want to look at it.

She is an expert in “Laughing Matters.”

Foreman serves as an aging specialist in the LAAA Lifetime Health Program and regularly presents 30 to 60-minute health education programs to older adults in community, church and social groups. The concept is to assist people to improve and maintain their health through increased knowledge and awareness.

“I love doing these presentations,” Foreman said. “I think it’s a good fit for me and the agency. We want to teach people that they can empower themselves to be strong, healthy and live longer.”

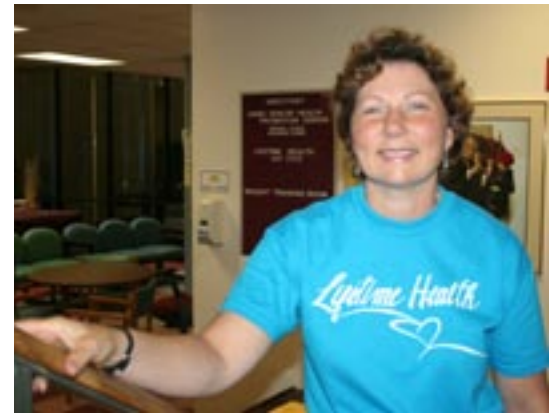
“Laughing Matters” is one of the more popular education presentations requested. It highlights how people can use laughter to heal, learn and pass through difficult situations as

kind of a self-defense mechanism.

“I like to call it humor aikido, which is a non-threatening form of martial arts,” Foreman said.

Laughter can help improve circulation, reduce stress and even help a person lose weight. During the presentation, Foreman talks about why having a sense of humor and being able to laugh is so important. Toward the end of the presentation she encourages participants to practice four basic forms of laughter. The laughter progresses from forced to real by the end of the exercise, she said.

Foreman has nearly 20 other presentations to offer older adults. They cover topics such as myths that accompany the aging process, attitude, mental fitness, fall prevention, friendship, budgeting, stress reduction and how to begin an exercise routine. Foreman and the Lifetime Health Program offers these presentations in Lincoln and the multi-county area served by the Lincoln Area Agency



Tracie Foreman

on Aging.

“I truly believe the programs we do are preventive-type programs,” Foreman said.

For more information about health and wellness services available through the Lifetime Health program please call 441-7575.

The Lifetime Health Program began providing health promotion services to older adults in Lincoln and Lancaster County in 1984 and expanded in 1997 to a multi-county region including Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties.

ARMSTRONG WILL BE MISSED

Bonnie Armstrong was truly an example of ageless elegance and on her passing she will be missed by those of us fortunate enough to have had the opportunity to work with her.

In 2001, she gladly accepted the appointment to the Lincoln Area Agency on Aging Area Wide Advisory Board. Bonnie was indeed an active and loyal board member as she was absent for only two meetings during her many years of service. Bonnie was well educated in several facets of life and was known for her ability to think outside the box. She would bring issues to the Board to both educate and engage other members in the cause. She was referred to as the lovely “fireball” by other members.

Involving herself in many community projects, she



always will be remembered as a woman of many hats. There was never a time that Bonnie did not complete her lovely attire without adorning a hat. Bonnie was a palmistry and astrology professional presenting workshops and conducting readings at countless professional gatherings. Once she was the Recipient of a Lifetime Achievement Award from the American Federation of Astrology. A longtime active member of Nebraska Democratic Party and Unitarian Church, volunteer at the Malone Center and an active member of the Widows and Singles group at First Plymouth Church, she truly was an example of beauty inside and out.

She leaves behind many family members and friends who will all truly miss her. Bonnie may have been retired but in no way was she disengaged from life.

LINCOLN AREA AGENCY ON AGING

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EDUCATIONAL

Live & Learn

This is an entertaining video magazine show for and about older adults on station 5-City TV channel 5. Call 441-6688 for schedule information and 441-6156 if you have an idea for future shows. You can watch past and present shows by visiting lincoln.ne.gov and click your mouse on the 5-City logo. The shows are then found through the Video On Demand (VOD) services. Live & Learn is made possible by the Seniors Foundation of Lincoln & Lancaster County.

- July's show features retired local Judges Samuel VanPelt, Warren Urbom, and Janice Gradwohl as they reminisce on their judgeships. They are hosted by Peggy Briggs and Ruth Ann Lyness.

AARP Driver Safety Program – Open for all ages.

– Sept. 8, 9 – 12:30 p.m. - 4:30 p.m. at the Northeast ActivAge Center
Register by Aug. 10 by calling 441-6076. \$10 fee

Medicare at the Movies

Edgewood Theatre, 56th & Hwy 2
October 16, 29 – 9 a.m. – 1 p.m.
Isis Theater, Crete, Neb.
– Aug. 26 – Doors open at 9:30 a.m.
Free soda and popcorn for everybody

LEISURE EVENTS

Dinner and a Show

Reservations call 441-7158. \$10 per person
Dinner at 5:30 p.m. and show at 6:30 p.m.
– July 17, "That's How We Roll" Capitol City Cloggers
– Aug. 21, Jimmy Mac
– Sept. 18, Free 4 All

Downtown Open on Saturdays

Downtown ActivAge Center will be open for lunch on, July 19,



Aug. 16 and Sept. 20 from 8 a.m. - 1 p.m. There will be pool tournaments, white elephant bingo and entertainment. The van will be going to the Farmer's Market from the Center.

Day Trips and Tours

The Northeast ActivAge Center
– July 31, York County Fair to see the Square Dancing Tractors
Call 441-7151 for reservations by July 18
Cost of \$30 includes dinner, show ticket & transportation.

Travel and Adventure Film Series, Starts Sept. 16 & 17

Edgewood Theatre
The first showing is "May Day! The Tugs of War – Europe," narration by film maker Robin Williams
Season Pass tickets are \$32, you save \$12 by purchasing in advance for a total of \$20
Call 441-7158

ING NEWS AND EVENTS

HEALTH PROMOTION EVENTS

Lifetime Health Happenings

Call 441-7575 for more information or to register.

Stretch and Tone

\$28 per session

Exercises in this class focus on increasing flexibility and strength and improving balance to avoid injury. Most exercises are conducted with participants seated or standing near a chair.

North Gate Garden Estates, 2425 Folkways Blvd.

– Sept. 9 - Oct. 30, 9:30 a.m. - 10:15 a.m.

Easing Into Yoga

\$28 per session

This class is designed to introduce the practice of yoga. You will learn breathing, posture, balance and stretching techniques as well as weight bearing poses to help increase bone density. This practice will improve your general health and overall sense of well being.

Auld Recreation Center, 3140 Sumner St.

– Sept. 9 - Oct. 28, 9:30 a.m. - 10:30 a.m.

Or

Lake Street ActivAge Center, 2400 S. 11 St

– Sept. 10 - Oct. 30, 9:30 a.m. - 10:30 a.m.

Gentle Yoga

\$45 per session

Beginning yoga poses are covered with emphasis placed on going at your own pace and getting to know the poses in a way that's right for your body. Gentle yoga is great for beginners or those wishing to reduce stress. Meditation, breathing and a long relaxation are also included in the flow of the class.

Belmont Recreation Center, 1234 Judson

– Sept. 11 - Oct. 30, 10 a.m. - 11:30 a.m.

Forever Strong Health Club

Downtown ActivAge Center, 1005 "O" Street

Open weekdays from 8 a.m. – 4 p.m. with Certified Personal Trainers on-site.

Call to set up an appointment. Contributions accepted.

Senior Health Promotion Center

Comprehensive foot care, ear care, Sahara bone density testing, blood pressure and blood glucose checks, and health education.

Contributions accepted.

Open July 17, 31, Aug. 21, Sept. 4, 9, 11, 16, 18, 23, 25 & 30 from 9:30 a.m. - 2:30 p.m.

Arthritis Self Help Course

\$10 fee

Take control of your arthritis today for a better tomorrow.

This six-week course covers basic information about arthritis, strategies for decreasing pain, ways to relax and deal with stress, proper use of exercise, medications, strategies for dealing with depression, nutrition, methods of heat/cold applications and problem solving techniques.

– Sept. 9, 23, 30; Oct. 7, 14, 21 from 10:30 a.m. - 11:30 a.m.

Belmont Recreation and ActivAge Center, 1234 Judson

LINCOLN AREA OF AGENCY ON AGING RSVP VOLUNTEER OPPORTUNITIES



Southeast Community College

Assist the instructor in a GED

Classroom helping individuals receive their High School Diploma. These classrooms are at various locations across Lincoln and require two hour per week commitments Monday-Saturday.

Serve as an ESL (English as a Second Language) volunteer. You will receive training which provides excellent suggestions on how to help individuals be successful in their learning experience. Assignments are approximately two hours per week working either mornings or afternoons.

Capital Humane Society

Please be part of a team that helps all kinds of animals find new homes. By playing with a cat or taking a dog for a walk you are helping these pets get ready for their new families. Training is provided in safe animal handling and you can volunteer any amount of time you'd like.

Christian Record Services

Volunteers help prepare Braille, large print and audio materials for mailing to the blind and visually impaired individuals. Located at 4444 S. 52nd this volunteer opportunity has a variety of times available making it perfect for those needing a flexible schedule.

continued on page 11

Turning 65?

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LINCOLN AREA AGENCY ON AGING NEWS AND EVENTS

continued from page 9

The Community Blood Bank

Feel rewarded by volunteering with an organization that provides such an essential service to the patients and hospi-

tals in Lincoln and the surrounding communities. This position assists with mailings and the delivery of donor gifts to other Community Blood Banks in Lincoln.



PUBLIC SERVICE ANNOUNCEMENT

If you're 55 or older and ready to be involved in community service or maybe you already are volunteering and would like to receive the benefits RSVP can provide of supplemental insurance, reimbursement for travel expenses, and attend an annual recognition event then please call Laurie McAdams, RSVP Director at 441-7026 and for an appointment.

THE LINCOLN MUNICIPAL BAND ANNOUNCES 2008 SUMMER CONCERT SERIES

Contact: Lincoln Municipal Band
402-477-7899
lmb@artsincorporated.org

Join the Lincoln Municipal Band as they kick off their second century of music! The band has announced its schedule for the 2008 Summer Concert Series. Performances will be held Sunday evenings in July and August at 7:00 p.m. at the John Shildneck Memorial Bandshell in Antelope Park, Lincoln. Admission is FREE. The series features a variety of themes to suit all musical tastes. The line-up is as follows:

July 6 – Star Spangled Spectacular:

All American Salute

Terry Rush, conductor – Malley Keelan, vocal soloist

July 13 – Sunday Night at the Movies:

Popcorn & Pics

Bob Krueger, conductor – Terry Rush, trombone soloist

July 20 – Cool Cars and Hot Music:

Classic Cars on Display

Tony Falcone, conductor – Ric Ricker, horn soloist

July 27 – Young at Heart:

In Honor of Seasoned Music Lovers

Bob Krueger, conductor – Dawn Pawlewski Krogh, vocal soloist

August 3 – Music from Around the World:

Recognizing Diversity

Terry Rush, conductor – Lorrie Beadell, vocal soloist

August 10 – A Salute to Broadway:

Musical Theater's Greatest Hits

Carolyn Barber, conductor – Deborah Bouffard, trumpet soloist

August 17 – Tribute to Families:

Celebrating the Generations

Bob Krueger, conductor – Dean Haist, trumpet soloist

August 24 – Salute to Veterans:

Acknowledging our Appreciation

Bob Krueger, conductor – Nancy Vogt, euphonium soloist

Listen to the Lincoln Municipal Band as it continues one of Lincoln's finest traditions dating back more than 100 years. The first concerts were held in 1907 at State Fair Park and then moved to Antelope Park in 1911.

These free concerts are the most popular events of the Lincoln Parks and Recreation summer performance series and boast regular crowds of more than 1,500 citizens from Lincoln and its surrounding communities.

The Lincoln Municipal Band is the only professional concert band in Nebraska and has participated in the Nebraska Arts Council Touring Program since 1998. For more information, please contact the Lincoln Municipal Band business office at 402-477-7899 or lmb@artsincorporated.org, or visit www.artsincorporated.org/lmb.

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Hynek gives lift to transportation program

Deb Hynek gives the Lincoln Seniors Transportation Program a lift in her new assignment as the program's coordinator. Hynek began her duties April 14.

"I enjoy it," she said. "I like talking to people and they are so grateful that there is another option for them to get around town. I think people like to have a good backup plan for their transportation needs."

The Lincoln Seniors Transportation Program is a collaborative effort between the Seniors Foundation and the Lincoln Area Agency on Aging.

The program provides curb-to-curb "social" transportation to eligible adults in Lincoln. The rides are provided in two categories; essential and non-essential destinations. Essential destinations include grocery shopping, banking, religious services, legal or professional service appointments, hair care, pharmacy or visits with a spouse or family member at the hospital or nursing home. Non-essential destinations include clothes shopping, social events or entertainment activities.

Each approved rider is eligible for up to two rides each week — one to an essential destination and another to a location of the riders choice. Rides are provided by volunteer drivers and scheduled based on driver availability.

Riders are picked up at the curb in front of their homes and taken anywhere within the city, excluding the airport or medical appointments, and then returned to their homes. Upon the completion of each trip, riders will be provided a trip evaluation form and a postage paid return envelope. Riders are requested to evaluate the aspects of their trip and provide insight on opportunities to improve the program. Each evaluation form includes the opportunity to financially contribute to the program. An \$8 contribution is suggested for each round trip.

Hynek, a 37-year Lincoln resident, helps prospective riders 65 or older fill out the registration form and explains requirements such as each rider has to be able to get to and from the car on their own. She also organizes the drivers and schedules the rides.



Deb Hynek serves as program coordinator for The Lincoln Seniors Transportation Program.

"Deb has great focus and a keen ability to work with the riders," said Richard Blair, Seniors Foundation of Lincoln & Lancaster County director of development. "She is doing a great job of managing a new program."

Following years of extensive research and looking at similar programs throughout the country, the Lincoln Seniors Transportation Program began as a pilot project in December 2007.

The program currently has more than 53 riders and 23 drivers registered.

Blair believes the program fills a niche in Lincoln and expects exponential growth in usage as more people become aware of it.

Hynek comes to the Lincoln Seniors Transportation Program as an experienced mediator. She was a resource development coordinator with Region V Systems in Lincoln. She also served as the coordinator for Region V's volunteer/intern program.

Hynek and her husband, Bob, have two adult children.

"I welcome the challenge of assisting this program grow to its full potential," she said.

An advertisement for The Independence House Memory Care Community. It features a green and white color scheme with a decorative arch at the top. The text reads: "Independence House MEMORY CARE Community". Below this, it says: "Our goal is to provide each resident with a feeling of INDEPENDENCE while maintaining a sense of COMMUNITY". There is a photo of an elderly woman smiling. Below the photo, it says: "If you are seeking assistance for a loved one with memory loss the issues facing you can seem overwhelming. At The Independence House, we can answer your questions and help you through this process." At the bottom, it provides the phone number "402-475-7755" and the website "WWW.THEINDEPENDENCEHOUSE.COM". The address "1740 Superior Street 4610 Mandarin Circle 5500 South Coddington Avenue" is listed at the very bottom.

Retirement

MILLER TAKES LEAD

Although he's earned the right to take center stage, Dr. Tice L. Miller has never been one to seek the spotlight.

"During my career, I've learned that it's not really about you," he said. "It's about the work."

While some actors might find that difficult to grasp, Miller said, "If you focus on that, you will do well."

Embracing this philosophy, Miller helped sculpt the lives of countless University of Nebraska honor program students and nearly 30 doctoral candidates throughout 36 years of service. In addition to his contributions as a teacher, Miller is the author of "Bohemians and Critics: American Theatre Criticism in the Nineteenth Century;"

co-editor of "The American Stage: Social and Economic Issues from the Colonial Period to Present" and "The Cambridge Guide to American Theatre;" and an advising editor and contributor to "The Cambridge Guide to Theatre." His latest book, "Entertaining the Nation," was published in 2006.

"I'm especially proud of my research and my students," he said. "It was rewarding to work with all the young, bright and ambitious students at the university. Teaching them was a joy."

Born in Lexington, Neb., in 1938, Miller attended Riverdale High School where he participated in several plays.

"It was a small high school," he said. "Everyone was in every production."

Miller attended Kearney State College, earning his degree in political science. During his academic studies, Miller had several interactions with the school's charismatic director of theater, who helped him attain an assistantship at the University of Nebraska.

"The idea that somebody wants you and sees talent in you gets you moving in the right direction," he said.

After completing his master's degree in speech and dramatic art at the University of Nebraska, Miller taught one year at a junior college

in Kansas City, Mo.

With the Vietnam War on the horizon, Miller enlisted in the U.S. Navy and attended Officer Candidate School in 1962. Miller served aboard the USS Bennington as a supply officer.

"It was fun, exciting and terribly boring all at the same time," Miller said.

While stateside in 1963, Miller married the love of his life, Carren, and continued his military service until August 1965, receiving an "early out" because he had applied to graduate school.

Miller entered the University of Illinois' doctorate program in the fall of 1965, spending three years in the "cornfields of Urbana-Champaign."

"It provided me contacts for the rest of my career," he said.

Graduating in 1968, Miller was appointed assistant professor of Theater at the University of West Florida in Pensacola where he taught until 1971.

After the death of his mentor, Dallas Williams, Miller was offered an associate professorship at the University of Nebraska in the summer of '71.

As a native Nebraskan, Miller looked forward to his December 1971 homecoming.

"We moved to Nebraska while the rest of the state was headed to



ROLE IN ent

the Orange Bowl,” he said.

Shortly after Miller began teaching in January 1972, he directed his first play, Shakespeare’s “The Tempest.”

“I had barely unpacked when Bill Morgan became ill and was unable to direct the play he’d already cast,” Miller said. “That was my initial welcome to Lincoln.”

Miller said when he accepted the job at the university he thought it was only going to be for a brief period of time. Now, 36 years later, he finds it difficult to leave.

“I’m going to miss my students,” he said.

In order to start each semester anew, Miller discarded his syllabus at end of each class.

“A class should teach you, the teacher, as well as the student,” he said. “So I discovered what challenged and inspired me each year and taught the material that I was passionate about.”

Utilizing this breakthrough, Miller didn’t just deliver information, he motivated students and helped find the information together.

“Theatre is a terrific bachelors degree, it provides a good foundation for several degrees,” he said. “Everyone in public life should have an acting course. It teaches you a multitude of skills including body language.”

While giving his final lectures,



Miller jested with students, noting he didn’t have any pearls of wisdom to give them.

“Basically, my only advice is to enjoy the journey,” he said. “Sometimes you just have to get your feet wet before some of this stuff sinks in.”

During his tenure, Miller served as department chairman from 1989 to 1997, and served as the Nebraska

Repertory Theatre’s executive director between 1988 and 1996.

In retirement, Miller looks forward to spending time with his wife and their sons, Graeme, 24; and Dane, 29. He also plans to garden, travel and author a book on American Drama in the 1920s.

And who knows, Miller said he might even figure out a way to teach a course every now and then.



LINCOLN AREA AGENCY

LINCOLN AREA AGENCY ON AGING

**Butler, Fillmore, Lancaster, Polk, Saline,
Saunders, Seward and York counties**

1005 'O' St./Lincoln, NE 68508-3628

402-441-7070/800-247-0938

<http://lincoln.ne.gov> keyword: aging

KEY FOR SERVICES: L = Lancaster only

MISSION

The Lincoln Area Agency on Aging is the principal agency which plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes.

LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand on lincoln.ne.gov Web site.

FIRST SERVICE

Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight-county service area.

Call 402-441-7070 or 800-247-0938.

SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County.

402-441-6179 or <http://www.seniorsfoundation.org>

ACTIVAGE CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Seven centers in Lincoln and five in Lancaster County. L 402-441-7158

ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness. L 402-441-7575
- **Travelogue** - Travel films by professional photographers. L 402-441-7158

CAREGIVING

402-441-7070 or 800-247-0938

- **ElderCare Connection** - Caregivers receive information, support and assistance. <http://www.eldercare.gov>
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7026.
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 402-247-0938

- **Care Management Services**
- **LifeLine Emergency Response System** - 24-hour emergency access by pressing a button.
- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Resident Services** - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore and Lancaster only.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid eligible who choose to live at home or use community-based services.
- **Harvest Project** - Mental health and substance abuse services. L 402-441-7070

EMPLOYMENT

402-441-7064 or 800-247-0938

- **OperationABLE** - Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and home equity loans.
- **Medicare & Medicaid Fraud** - SMP seeks to reduce waste and fraud in the Medicare and Medicaid Program.
- **SHIP** - Senior Health Insurance Information Program. Information concerning Medicare and Medicaid.

ON AGING SERVICES

HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club** - Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center** - The University of Nebraska-Medical Center and LAAA provide Health screenings. L 402-441-6687
- **Alzheimer's Disease** - The LIFE office provides information and referral. 402-441-7070 or 800-247-0938 <http://lincoln.ne.gov> keyword: aging
- **Widowed Person Service** - Support for people who are widowed. L 402-441-7026
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

HOUSING & HOME REPAIRS

- **Home Handyman Service** - Handyman services from mowing to leaky faucets, painting and broken light fixtures. L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available from the LIFE office. 402-441-7070, 800-247-0938 <http://lincoln.ne.gov> keyword: aging

NUTRITION

402-441-7158

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

TRANSPORTATION

- **Transportation to the ActivAge Centers.** L 402-441-7158
- **Lancaster County Rural Transit** - Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070 <http://lincoln.ne.gov>, keyword: aging

VOLUNTEERING

- **RSVP/Retired & Senior Volunteer Program**
Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 402-441-7026
- **Foster Grandparent Program 402-441-7026**
- **Guardian and Conservatorship 402-441-7070**
- **Long-Term Care Ombudsman 402-441-7070**
- **Senior Companion Program 402-441-6105**
- **SHIP 402-441-7070**
- **Widowed Persons Service 402-441-7026**

MULTI-COUNTY PROGRAMS

- Butler County Senior Services 402-367-6131
- Fillmore County Senior Services 402-759-4921
- Polk County Senior Services 402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services 402-761-3593
- York County Aging Services 402-362-7626

CONTACT US

All Counties: 800-247-0938

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis, and Rhonda Stokebrand 402-759-4921
- Polk County: Amy Theis 402-747-5731
- Saline County: Trudy Kubicek 402-826-2463
- Saunders County: Mary Dailey 402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers, and Nancy Hoblyn: 402-362-7626
- Donna Mulder, Aging Program Coordinator: 800-247-0938
- Martin Morse, Case aide: 800-247-0938
- Lisa Osborne, Rural Medicaid Waiver Supervisor: 800-247-0938
- Sue Kramer, SCO and Waiver intake: 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator: 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator: 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator: 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option: 800-247-0938

WANT TO RECEIVE LIVING WELL VIA E-MAIL?

If you would like to receive Living Well by e-mail instead of in the mail, please call Debb Baines of Lincoln Area Agency on Aging at 402-441-6146 or e-mail dbaines@lincoln.ne.gov

OLDER ADULTS TAKE TO THE STAGE

Several Lincoln-area residents age 50 and older will soon take on the role of their lifetime by participating in one of the Nebraska Repertory Theatre's productions.

"This year, we have several older actors in our company who are playing a variety of roles including Irish peasants, nuns and a wannabe American Idol," said Mary Gaetz, audience development director.

Executive Director Paul Steger emphasized that Nebraska Repertory Theatre's diverse cast and crew enables them to perform productions that embrace the value of intergenerational story telling.

General Manager Julie Hagemeyer and Steger said the theatre values these seasoned actors for their unique qualities of mind, body and spirit that contribute to the theatrical arts; and draw from their vast imagination, depth and power of emotion, and their ability to perform timeless classics.

"Our older actors are great examples for our students

Season Passes, Individual Tickets

Regular: \$50, \$20

Faculty/Staff: \$45, \$18

Senior Citizen: \$45, \$18

Active Military: \$45, \$18

Student/Youth: \$30, \$10

OLLI Members: \$30

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301 N. 12th St

402-472-4747, 800-432-3231

Monday - Friday 11 a.m. - 5:30 p.m.

One hour prior to show in Temple Lobby

to connect to and be mentored by," Steger said. "Plus, they're just dog-gone good actors."

Hagemeyer and Steger praise the theatre's seasoned actors for serving as mentors to its youthful protégés.

"In addition to producing professional productions, our mission at the Nebraska Repertory Theatre is to connect up and coming young professionals with mentors, training them for the future," Hagemeyer said. "We want to keep theatre alive and the only way to do that is to train our youth and give them an opportunity to perform in a professional environment. It's the essence of who we are."

Although casting has been completed for the 2008 season, Nebraska Repertory Theatre still has openings for volunteer ushers. If you're interested in this opportunity contact Julie Hagemeyer, general manager, at 402-472-1619.

Those interested in performing for the 2009 season can contact Virginia Smith, artistic director, at 402-472-1612.

SOUVENIR: A FANTASIA ON THE LIFE OF FLORENCE FOSTER JENKINS

*by Stephen Temperley
directed by Virginia Smith*

July 10, 11, 12, 19; Aug. 1, 8 at 7:30 p.m.
July 27 at 2 p.m.

What if the most confident, dedicated, inspiring singer you've ever met was incapable of bringing the music in her head out of her mouth? Would you laugh until tears came? Would you wonder if she was faking? Would you come to love her? The answers are yes, of course. Join Cosme McMoon, her accompanist, as he shares in and reports the meteoric rise of one of music's most amazing real-life characters; one whose Carnegie Hall debut sold out in a now legendary two hours.

DOUBT, A PARABLE

*by John Patrick Shanley
directed by Jennifer Hubbard*

July 16, 17, 18, 26, 31; Aug. 9 at 7:30 p.m.
Aug. 3 at 2 p.m.

It's 1964 and a tiny suspicion has been sowed in the fertile ground at St. Nicholas Catholic Church and School. Nurtured by Sister Aloysius, principal and old-school nun, denied by progressive Father Flynn, the parish priest, and watered with the troubled tears of the naive 6th grade teacher caught between them, the dark blossoms of doubt begin to unfold. Funny, thought-provoking and never preachy, the audience will literally gasp at each new revelation. Moral certainty was never so suspect.

THE CRIPPLE OF INISHMAAN

*by Martin McDonagh
directed by Ted Swetz*

July 23, 24, 25, 30; Aug. 2, 6, 7 at 7:30 p.m.
Aug. 10 at 2 p.m.

Set in the Aran Islands in the 1930's, *The Cripple of Inishmaan* links to the real life story of a Hollywood film crew's trip to the islands to make a documentary about life there. The one person who wants to be in the film more than anybody is young Cripple Billy, an unloved boy whose chief occupation has been gazing at cows and yearning for a girl who wants no part of him. When Billy lands a trip to America, the townspeople's cruel yet hilarious interactions make his attempt to escape the hardscrabble island a heartbreaking and amazingly comic odyssey.

Good friends are like quilts. They age with you,
yet never lose their warmth.



A love of quilting brought together Marie Williams and Betty Palmer. Betty says, "Quilting with Marie has made moving to Clark Jeary Retirement Community even better!"

Clark Jeary Retirement Community is like a patchwork quilt. People with varying pasts, personalities, occupations and stories to tell, brought together as an extended family in a lovely retirement community.

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www.clarkjeary.com
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402.483.9602

LIFE counselors make positive

Lincoln Area Agency on Aging LIFE counselors arm the area's older adults with the knowledge, information and assistance needed to live a fulfilling and independent life.

"It's really important people understand this is a place they can come for help," said Houston Doan, insurance and financial counselor.

A good friend of the agency came to Doan three years ago for help. His wife had just been diagnosed with cancer, and her prescriptions were costing thousands of dollars each month. Doan was able to enroll the couple in a Medicare demonstration project that paid for the entirety of the woman's prescriptions. The following year, as the woman recovered, Doan helped them choose a Medicare prescription drug plan that continued to save the couple money.

"To me, this story tells a lot about what we do here," Doan said. "Information is power, and this is just one example of the many things we do everyday."

Services provided by LAAA counselors not only can save the area's older adults money, but the community as well. LAAA's Medicaid Waiver program allows persons who would otherwise be eligible for nursing home



LAAA LIFE counselors Joyce Kubicek, left, Houston Doan and Barb Straus assist older adults and can help make a positive impact on savings for the area economy.

care to stay in their homes by arranging for services to come to them at a much lower cost than being in an institution. The public savings for this care exceeds \$13.6 million annually.

"We help people figure out what their options are," said Joyce Kubicek, aging program coordinator.

If it's possible for older adults to maintain a good quality of life while remaining independent in their homes and the community, it's the goal of LAAA counselors to assist them. Kubicek helps set up the in-home ser-

vices that make it possible for many of Lincoln's older residents to live outside of nursing homes.

"We make it more safe for them to be in their homes," she said. "We do everything we can to ensure it will be possible for them to be in their homes, if that's their wish. We want them to be as safe and healthy as possible."

The program provides such services as shoveling sidewalks, cleaning homes and checking in on residents. It also delivers emergency food baskets to home-bound residents. Counselors are there to provide older adults support when their other support systems fail.

"The overall goal is to empower our clients," Kubicek said. "We never try to do anything our clients could do for themselves."

One hurdle the area's older adults often face is finding the funds to purchase medical equipment. Cost of items such as wheelchairs, canes and walkers can add up quickly. Barb Straus, aging specialist, said counselors

LOOKING AHEAD

LAAA's Medicaid Waiver program allows persons who would otherwise be eligible for nursing home care to stay in their homes by arranging for services to come to them at a much lower cost than being in an institution.

The public savings for this care exceeds \$13.6 million annually.

In the next 10 years, the number of persons in LAAA's eight counties will increase by at least 27 percent, accounting for an additional 15,500 additional residents who are 60 and older by 2018.

ive impact

have talked with people who have had to sell their homes to pay off the credit card debt compiled from medical expenses.

“It’s our job to help people find a way through these difficult and complicated situations,” she said.

Each year, LAAA redistributes \$20,000 worth of donated medical equipment.

Counselors also are on hand to explain the increasingly complex benefits available to older adults. Straus said a lot of benefits are not well known or advertised, so many people don’t even realize they are eligible.

“We have very well educated people who are having a hard time getting through this process,” she said.

The many big and small things LAAA counselors do on a day-to-day basis amounts to a large savings for a population that is increasing every day. In the next 10 years, the number of persons in LAAA’s eight counties will increase by at least 27 percent, accounting for an additional 15,500 additional residents who are 60 and older by 2018.

“The overall impact really starts to add up,” Straus said. “We have a bunch of people here who really care.”



Joyce Kubicek, right, LAAA aging program coordinator and LIFE counselor, offers assistance to a client.

LAAA Speakers Available

Where Do You Go For Answers on aging? Need a speaker for your organization or club?

We have a great range of topics to choose from at the Lincoln Area Agency on Aging. We’re anxious to share with you our expertise on topics concerning Aging. In some instances, we can even tailor a presentation for your group.



To request and/or schedule a speaker, call 402-441-6156 or go to our online form at lincoln.ne.gov and type aging in the search box. Please note that every effort will be made to accommodate your request, but not all speakers are available at all times. Below is a list of topics and a contact to schedule a speaker. The person listed is not necessarily the speaker.

June Pederson

LAAA and/or Aging Issues
441-6156
DBatten@ci.lincoln.ne.us

Deb Batten

Live & Learn
441-6156
DBatten@ci.lincoln.ne.us

Tami Barrett

Long-Term Care Ombudsman
441-7070
tbarrett@ci.lincoln.ne.us

Richard Blair

Seniors Foundation
Lincoln Seniors
Transportation Program
441-6179
RBlair@ci.lincoln.ne.us

Denise Boyd

Nutrition
441-7159
dboyd@ci.lincoln.ne.us

Houston Doan or Brad Kastl

Medicare & Medicare Part D
441-7070
hdoan@ci.lincoln.ne.us
bkastl@ci.lincoln.ne.us

Bob Esquivel

Lincoln / Lancaster ActivAge Centers
441-7158
BEsquivel@ci.lincoln.ne.us

Tracie Foreman

UNMC Senior Health Promotion
Clinic
441-7575
TForeman@ci.lincoln.ne.us

Elisa Stutheit

Foster Grandparent Program
Senior Companion Program
441-7026
estutheit@ci.lincoln.ne.us

Jean Holt

LIFE Office
441-7070
JHolt@ci.lincoln.ne.us

LIFE Office

Long Term Care Options
441-7070
JHolt@ci.lincoln.ne.us

Lifetime Health

Caregiver Support Services
441-7575

Laurie McAdams

RSVP / Volunteering
Widowed Persons Service
441-7026
LMcadams@ci.lincoln.ne.us

Peggy Aphorpe

Lifetime Health
Educational Programs
Attitude Tune-Up
Enlighten - A New Light on Depression
in Older Adults
Fall Prevention
Flex Your Memory Muscle
Friendship
Laughing Matters
Life can be funny
Living Well on a Shoestring
Living With Diabetes
Memory Lane
“Mental Aerobics”
“Old Dogs, New Tricks”
“Stress Busters”
“The Heart of Forgiveness”
441-7575
PAphorpe@ci.lincoln.ne.us

Monarch marks five-year anniversary

Making the most of every day is the goal for The Monarch and its staff. This homelike facility opened its doors June 3, 2003, and recently celebrated its five-year anniversary.

While end-of-life is something most of us don't really want to talk about, The Monarch and its staff have helped approximately 500 people and their families to make the most of an individual's final days.

The Monarch is a residential facility which serves as an alternative to Nursing Home care. Its mission is to affirm the cycle of life, care for the dying, give solace to the grieving, educate the community and support hospice providers and their patients.



The Monarch features six suites.



The Monarch celebrates five years in operation.

Located at 4201 S. 78th St. in Lincoln, The Monarch was gifted to The Eastmont Towers Community by Hub Hall Realty, Union Bank & Trust and The Dillon Foundation.

"It's definitely a community facility," said Beth Nelsen, registered nurse and health care administrator for The Eastmont Towers Community. "It meets a unique need by serving as a special facility whose only focus is end-of-life care."

People of all ages are referred to The Monarch. Residents must be established with a hospice care provider and need partial or total assistance with the activities of daily living. Medical supervision is arranged by the resident, family or other persons before admission.

The Monarch is staffed by Eastmont Towers employees who work in pairs 24 hours

a day, seven days a week. These caring and professional health care providers quietly complement those services provided by an individual's hospice provider.

"We are the day-to-day care providers," Nelsen said. "We base our services on the individual's goals and follow the patient's plan of care."

The Monarch features six suites in the 7,200 square foot facility and provides a private, home-like atmosphere for the individual and their family members.

Amenities in each suite include a walk-in shower, recliner and sofa bed. The facility also includes several common areas and a play room for children.

Nelsen said the philosophy at The Monarch is that every day is a Saturday.

"People can eat when they are hungry, sleep when they are tired and play when they want to have fun," she said. "For many years, Eastmont believed in and supported hospice and palliative care programs and we always dreamed of having a facility like this in Lincoln."

A GROWING PARTNERSHIP

LAAA's Lifetime Health Program VISTA Member Pat Talbott is working with representatives from Community CROPS, Urban

Development's Neighborhood Revitalization Project and Mahoney Manor to help develop a Community Garden near Mahoney Manor in the Havelock area.

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) provides resources and technical assistance to neighborhood groups interested in developing community gardens. They look forward to more involvement with the growing older adult population in Lincoln. Hopefully the Mahoney Manor garden is the first of many such partnerships.



Combining Resources, Opportunities
and People for Sustainability

We all know that the fresh vegetables we reap from our gardens are good for our physical health. Recent research indicates that gardening is

also good for our brains and emotions

Why do community gardeners like their plots? Here are a few of many comments from participants. "Lots of good, fresh vegetables that taste better than those you find in stores." "I find gardening relaxing." "Gardening is good therapy for me." "I love watching things grow!"

For more information about how you can get involved with community gardens call Pat Talbott at 441-6076 or the Community CROPS Organization at 474-9802.

Medicare Savings Program

The Medicare Savings Program can help people save more than \$1,000 in medical expenses. Savings can exist through the program by helping to pay a person's:

- **Premiums:** The periodic payment to Medicare for health care coverage. The Part B premium is \$96.40 per month in 2008, which could be more for those with increased income and resources.
- **Deductibles:** The amount you must pay for health care before Medicare begins to pay.
- **Coinsurance:** The percent of the Medicare approved amount that you have to pay after you pay the deductible. In the Original Medicare Plan, the coinsurance payment is 20 percent.

Possible eligibility requirements for the program include:

1. Having Medicare Part A
2. An individual with income of less than \$887 per month or a couple with income less than \$1,187 month for possible full Medicaid services, including Medicare Part D prescription drug assistance
3. An individual with income of less than \$1,190 per month or a couple with income of less than \$1,595 per month for possible Medicaid to pay Medicare Part B premium.

It does not cost anything to apply. A person would need to provide: proof of identity and Nebraska residence, proof of citizenship or alien status, proof that you have Medicare Part A, recent bank statements, property deeds, life insurance policies, financial statements from stocks and bonds, proof of funeral and burial funds or contracts, proof of your burial plot (if you have one), proof of all income (such as pension checks or social security payments).

Contact First Service of the LAAA Life Office at 441-7070 or 800-247-0938 with questions.

SAFER DRUG DISPOSAL

When cleaning out the medicine cabinet, don't flush expired or leftover prescription drugs down the toilet. Instead, find out if your pharmacy accepts unused medications for safe disposal. If it does not, conceal them in paper bags or opaque containers before placing them in the trash.

Online Resources

Go online to learn how to shop, eat, clean and live greener.

- **www.greenchoices.org**

Tons of information on products for a better planet. The site was launched two years ago by Consumers Union, the nonprofit publisher of Consumer Reports.

- **www.localharvest.org**

Go here to find farmers markets and family farms, plus restaurants and organic products.

- **www.treehugger.com**

A popular Web destination for green news, ideas and products. Discovery Communications recently made a deal to buy it as a complement to its new cable offshoot, Plant Green, which launches this year.

SAVING MONEY ON UTILITIES

As the temperature rises outside, so do most Lincolniters' electrical bills. While central air conditioning leads to an unavoidable increased use of electricity, people can take several steps to keep costs down.

Russ Reno, Lincoln Electric System spokesman, offered the following money saving tips:

- When it comes time to turn on the air conditioner, make sure your unit and thermostat are working properly.

"If it's not working at 100 percent, you need to call a qualified dealer or repair company to have it checked," Reno said.

- Check your furnace filters once a month; if they are dirty, replace them (or if they are the reusable type, wash them). If air cannot pass through, your air conditioner will not perform at its

highest efficiency.

- LES recommends setting your thermostat at 78 degrees. For each degree you turn it up, you can save 3 to 5 percent on cooling costs.
 - Seal air leaks along windows and walls with caulk or weather-stripping.
 - Close window shades along the south and west walls of your home during the daylight.
 - Have the insulation above your ceilings and in your attics checked. Ideally, it should be about 14 inches thick.
 - A programmable thermostat that will automatically set your temperature at certain times, such as when you go to bed, or if you leave for your job.
- "You don't want your air conditioning running when you're not at home to enjoy it," Reno said.
- Compact fluorescent light bulbs use 66 percent energy that ordinary incandescent bulbs.



Each degree higher set on the thermostat of the air conditioning unit, saves a person 3 to 5 percent on cooling cost.

- Make sure air registers are not obstructed by area rugs, drapes, furniture, etc.
- Use fans only in occupied rooms. A fan can make up for 4 degrees, allowing you to turn up the temperature.
- Avoid using heat-generating equipment, such as your oven, during the daytime. Wait until late in the evening when it's cooler out.

Treasury Department rolling out social security debit card

By Lori Montgomery Washington Post Staff Writer

No bank account? No problem. Now you can have your Social Security benefits loaded directly onto an electronic debit card that works like a gift card from Uncle Sam.

The card is part of a push by the Treasury to encourage the 10.5 million people who still get a paper Social Security check once a month to switch to electronic payments. The change could save some recipients hefty check-cashing charges, and it could save the federal government as much as \$42 million a year, Treasury officials said.

The only stumbling block: About 2.1 million Social Security recipients don't have bank accounts. Neither do about 1.8 million disabled and low-income people who receive Supplemental Security Income (SSI).

The solution: Direct Express cards, managed by Bank of America, which allow recipients to carry their benefits on a piece of plastic that can be used like a debit card at any bank, retail outlet or automatic teller machine that accepts it.

"After the card is activated, instead of us sending out a check to a post office box and hoping it doesn't get lost or

stolen, they will know that their benefits are deposited in their card account on their payment date," Judith R. Tillman, commissioner of Treasury's Financial Management Service, said yesterday. "They can go to an ATM, go to a post office if they need a money order, go to almost any bank or . . . use it at retail locations to pay for a purchase and get cash back."

Tillman said the card is free and there are no fees for using it.

In a pilot project last year in Illinois, about 3,000 people activated the card. Eighty percent said they were satisfied, with 60 percent reporting that the card saved them money on check-cashing fees. Since then, Treasury has begun slowly advertising the card to all Social Security recipients who receive paper checks, starting in Texas, Louisiana, Oklahoma and Arkansas. Inserts are now going out to the Southeastern states, with the rest of the nation to follow by October.

To sign up, look for an insert in your Social Security check between now and October. Or call Direct Express toll free at 877-212-9991. Or go on-line to www.usdirectexpress.com.

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HEAT STRESS AND THE OLDER ADULT

Older adults are more prone to heat stress than younger people for several reasons:

- They do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that upsets normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic, noncaffeinated beverages. (If your doctor generally limits the amount of fluid you drink

or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)

- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

What You Can Do to Help Protect Your Relatives and Neighbors

If you have older relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if they have transportation problems.
- Make sure older adults have access to an electric fan whenever possible.

What You Can Do for Someone With Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101° – 102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

For more information, visit www.bt.cdc.gov/disasters/extremeheat, or call the CDC public response hotline at 888-246-2675 (English), 888-246-2857 (español), or 866-874-2646 (TTY).

Source: Department of Health and Human Services Centers for Disease Control and Prevention

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- ☑ Do you feel unsafe at home?
- ☑ Do you have health concerns?
- ☑ Are you lonely?
- ☑ Are you confused about what to do?

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- ☑ What type of decline may cause you to leave the facility?

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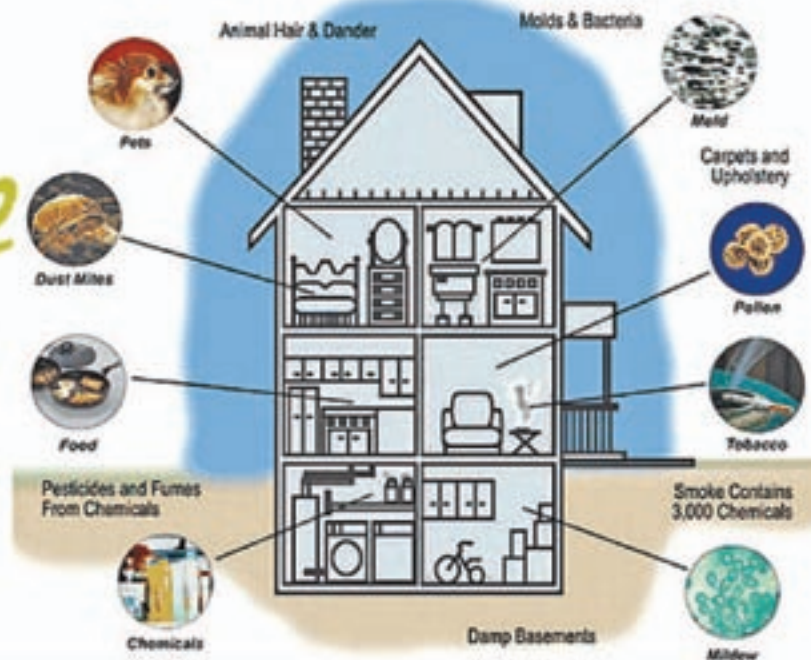
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Mayor's Award of Excellence

Houston Doan and Bradley Kastl with the Lincoln Area Agency on Aging LIFE Office stood as recipients of the Mayor's Award of Excellence winners for 2007.

The award recognizes Lincoln city employees who consistently provide exemplary service and work that demonstrates personal commitment to the city.

Doan and Kastl won the monthly award for May 2007 to become eligible for the annual award. They were nominated by their supervisors in the categories of productivity and customer service for their work to enroll area older adults in Medicare D Prescription Drug Benefits.

Nominators said Doan and Kastl "have been our leaders, teachers, and our inspiration providing compassionate, humane, face-to-face customer service to our elderly clients and their families."

When Congress passes the Medicare Modernization Act of 2004, it allocated little money to start the program at the local level. Many older adults and their families were confused. Doan and Kastl felt a great responsibility to help low-income older adults with no family enroll in the prescription drug benefit program. Tens of thousands of area older adults signed up for a drug plan, and the savings is estimated at several million dollars.

Doan has worked at the LIFE office since 2000,



Houston Doan, left, and Bradley Kastl, right, accept the Mayor's Award of Excellence for 2007 from Lincoln Mayor Chris Beutler. Doan and Kastl each serve as an Aging Specialist II for the Lincoln Area Agency on Aging's LIFE Office.

while Kastl was hired in 2005. They both have the title of Aging Specialist II.

Doan also runs Operation ABLE, an employment program for low-income older adults. He developed a computer skills program as part of that role. Kastl is responsible for recruitment, training and supervision of the 28 volunteer staff members of the Senior Health Insurance Information Program.



Bradley Kastl, left, and Houston Doan stand as recipients of the May 2007 and annual Mayor's Award of Excellence recipients.

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